



**YOU ARE TRAPPED.**  
*You only have 45 minutes.*  
**CAN YOU ESCAPE?**

Now open on 10355 Whyte Ave!  
 We book Corporate Events! Book your *Escape Room Adventure* at:  
[www.intrap.ca](http://www.intrap.ca) / 780-757-8385

**PUT YOUR DEBT STRESS  
 BEHIND YOU**

You have options. BDO can stop the harassing phone calls, and help you take control of your debt and your future.



**CONTROL YOUR FUTURE**  
 Licensed Insolvency Trustees  
 650 - 10303 Jasper Ave., Edmonton, AB T5J 3N6 **(780) 424-3434**



# Edmonton metro




**Why I stopped  
 creeping my ex  
 metroLIFE**

Your essential daily news | **TUESDAY, MAY 31, 2016** High 19°C/Low 7°C Mostly sunny  

**SPECIAL UPDATE: RETURN TO FORT MCMURRAY metroNEWS**



## UNSAFE

**More than 500 homes are declared unfit — and could be until September**

- NOTLEY ON HEALTH REPORT**  
 'I REALIZE THIS WILL BE VERY DIFFICULT NEWS TO HEAR, BUT AS ALWAYS SAFETY AND HEALTH REMAIN TOP PRIORITY'
- TO RETURN OR NOT?**  
 'THERE'S NO RECREATION CENTRE, NO SCHOOLS — YOU CAN'T KEEP YOUR KIDS INSIDE FOR DAYS'
- HERO HONOURED**  
 'WITH A COUPLE OF PEOPLE AND A FLASHLIGHT HE EVACUATED 450 PEOPLE IN TWO HOURS'

JASON FRANSON/THE CANADIAN PRESS



**WE WILL BEAT ANY  
 ADVERTISED PRICE**

# \$500

BY

**WWW.CAPITALJEEP.COM**

Lowest Price Guarantee (by \$500) available only with a Chrysler Retail Dealership, customer must present a copy of Offer to Purchase from competitor Dodge/Chrysler/Jeep/Ram dealership within Edmonton in order to qualify. Valid only on new vehicles purchases and on in stock vehicles. Please see dealer for details.



**CAPITAL**  
 CHRYSLER JEEP DODGE RAM

**It's worth the Drive  
 to the South Side!**





# Need help with **money matters?**

Drop by and meet the new  
BMO team in your community.

**Saturday, May 28, 2016**, BMO Bank of Montreal® welcomes the community into its new **Windermere Branch** at 1215 Windermere Way. Drop by to meet Branch Manager Elizabeth West and her team. They're available to talk about your personal, commercial and investment banking needs, and can offer the financial solutions that are right for you.

Come into the branch between Saturday, May 28 and Friday, June 24, 2016, and learn more about our special new branch offer. ▶

**BMO**  **Bank of Montreal**  
We're here to help.™

## **Windermere Branch**

1215 Windermere Way, Edmonton  
780-670-5166

## **Open 6 days a week:**

Monday – Wednesday	10:00 a.m. – 4:00 p.m.
Thursday	10:00 a.m. – 7:00 p.m.
Friday	10:00 a.m. – 6:00 p.m.
Saturday	10:00 a.m. – 4:00 p.m.

 /BMOcommunity

 @BMO

\* Terms and conditions apply. Visit the branch for more details. ®/™ Trademarks of Bank of Montreal.





# Who is, and isn't, going back to Fort McMurray this June

Return to **FORT MAC**

## First phase of residents' return starts Wednesday



**Alex Boyd**  
Metro | Edmonton

Starting Wednesday, the estimated 90,000 people who fled an out-of-control wildfire in Fort McMurray at the beginning of May will slowly begin the journey home.

But the return will not be an opening of the floodgates. Instead, Fort McMurray is being reopened in stages over four days, while some of the hardest hit areas have been declared unfit for habitation until the debris is cleared.

Even for those who return immediately, the Fort McMurray they're going back to is still a city on the mend: While power is back on in many areas, boil water advisories remain in place and the hospital is only able to provide basic services.

Still, many are eager to go home.

Among them is Mohamed Bouchaala who, despite having to evacuate twice — once

with his family, and then again a couple of weeks later from a Suncor work site — is eager to get back north as soon as possible.

However, his wife Fatma and their three children, all under the age of six, won't be going with him.

They're moving into a new apartment in Edmonton and likely won't be going home until mid-July, Bouchaala said.

The Bouchaalas have decided their kids won't go back until medical facilities are fully operational and recreational facilities reopen.

"We need to get more clarification about things like parks, how safe are they for kids," Mohamed said.

"There's no recreation centre, and there are no schools — you can't keep your kids inside for days."

While some stores are reported to have stock on shelves, those returning are advised to bring a two-week supply of food and medications.

That's a major reason Russell and Heather Thomas aren't bringing their kids home.

They're driving to McMurray on June 1, the first day residents of the lower townsite are able to enter the city, but have left their



A van burned by wildfire stands in the Beacon Hill neighborhood in early May. Some areas have been deemed unfit for human habitation. JONATHAN HAYWARD/THE CANADIAN PRESS VIA AP

two sons — one of whom has asthma — with family, and Heather is only coming to pick up the vehicle they

left behind.

But they're looking to reuniting in the city as a family soon.

"I'm not trepidatious about going back in any way," Russell said.

"I've been in Fort Mc-

Murray for 20 years and it's been nothing but change for 20 years, and this is just another change."

## CONTAMINATION

## Areas deemed unsafe due to caustic ash

Residents of Beacon Hill, Abasand and Waterways — Fort McMurray neighbourhoods hardest hit by wildfire earlier this month — will be unable to return home this week as more than 500 homes have been declared uninhabitable, Premier Rachel Notley said in a press conference Monday.

Since the fire ripped through the city, extensive testing of air, soil and ash has revealed the presence of chemical contamination.

In particular, the ash has very high pH levels, which makes it very caustic, accord-

ing to Dr. Karen Grimrud, Alberta's Chief Medical Officer of Health.

"These results are not unexpected, but it's critical we take steps to protect residents from them," she said.

Residents of the affected neighbourhoods will be offered an escort to view their homes and retrieve belong-

ings, but won't be able to stay permanently until the debris is removed, which could take until September, officials said.

"I realize this will be very difficult news to hear, but as always safety and health remain top priority," Notley said.

Grimrud is encouraging

all residents who are returning to Fort McMurray to take basic precautions when near ash or debris, including wearing long sleeve shirts, pants and gloves to avoid skin contact.

Masks and eye protection are also recommended.

She said that people with asthma or lung conditions as well as pregnant women, seniors and children under seven should avoid areas with visible ash present while clean up is in progress. Children and pets should not play in ash. ALEX BOYD/METRO

## THE TIMELINE FOR RETURNING

### Several conditions must be met before people can go back to their homes

Almost two weeks ago, Premier Rachel Notley announced people would be allowed to begin returning to Fort McMurray on June 1, but added that the entire return would be carried out in stages.

Re-entry is dependent on five conditions, including that the wildfire is no longer an "imminent threat," and critical and essential infrastructure be restored to a basic level.

In order to minimize

congestion along Highway 63, Fort McMurray has been divided into four zones, each of which has a separate return date.

The first section to be opened up includes the lower town site which is relatively intact, with harder-hit neighbourhoods returning, or getting access to view their properties, later in the week.

The government has also created a "general return date" of June 15.

METRO



**I realize this will be very difficult news to hear, but as always safety and health remain top priority.**

Premier Rachel Notley



PERFORMANCE  
for the  
**REAL  
WORLD**

Honda  
**CHECKERED  
FLAG** EVENT

Exclusively at:  
**WHEATON  
HONDA**  
**Lifetime  
ENGINE WARRANTY\***  
ON ALL NEW HONDA'S

Made in Canada  
for Canadians



**2016  
CIVIC** **\$21,785\*** plus  
SEDAN LX AUTOMATIC  
Available in 174 HP  
1.5 turbo charged direct  
injected 162 lb-Ft torque

Stk#Y2537, Model FC2F5GE - Automatic Climate Control, Heated Front Seats, Multi-Angle RearView Camera, 7" I-MID Display, 158HP 2.0L 16Valve iVTEC Earthdreams Technology, HondaLink Assist Automatic Emergency Response, Apple/Android Car Play, SMSTextMessage/Email Capable, WiFi tethering, and much more.



**2016  
CR-V** **\$30,245-\$1500**  
LX AWD CASH INCENTIVE

**TruePRICE** **\$28,745\*** plus  
gst only

Stk#941469, Model RM4H3GE1 - 185HP 2.4L 16Valve Direct Injection iVtec Earth dreams Technology, Multi-Angle RearView Camera, Heated Front Seats, VSA with Traction Control, Text Messaging Function, Dual Overhead Cam, i-VTEC, 4 Cylinder Engine, Ingenious Easy Fold Down 60/40 Split Rear Seat, RealTime AWD with Intelligent Control System

wheatonhonda.com

**WHEATON  
HONDA**

9688 - 34th ave.

**780.463.7888**  
**1.866.463.7885**

Price includes freight, PDI, block heater, locking lug nuts, theft protection, tire and rim protection, air tx, tire levy and AMVIC fee. Vehicles may not be exactly as illustrated. Offer ends May 31, 2016. Vehicles available at time of printing. See dealer for details.

# The man who saved an entire community

ANZAC

**Hero credits everyone with doing well in midst of fire**

**Ryan Tumilty**  
Metro | Edmonton

The wildfire that consumed Fort McMurray has often moved at break-neck speed, pushing into neighbourhoods and overwhelming firefighters with little notice. It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray, was one such place. It had been a safe haven for evacuees, and many were taken there on buses in the initial days after the fire hit Fort McMurray.

But in just a few hours on May 4 the community was nearly overrun.

When the community needed to exit in a hurry it was Dale Bendfeld who made the call and evacuated 450 people in just three hours.

Fort McMurray fire chief Darby Allen has repeatedly rejected the label of hero for himself, but he was eager to label Bendfeld, the community's director of protective services, as one.

"We didn't think there was a fire in Anzac that night and we found out in a hurry that there was," Allen said, at a news conference earlier this month.

Allen gave full credit to Bendfeld for getting people out of that community in time to avoid any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours. That is true hero-



**Above:** Evacuees look on as the fire approaches Anzac. The community had to be evacuated in a rush. **Below:** Dale Bendfeld speaks to Fort McMurray councillors. KEVIN TUONG/FOR METRO



ism," said Allen.

Bendfeld, not surprisingly, downplays his role.

"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said. Bendfeld does agree with Allen that the wildfire's move toward Anzac

caught people by surprise. The community is 50 kilometres south of Fort McMurray, and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

"The whole horizon was nothing but smoke and flame," he said.

"It was now time for action. It just occurred that quickly."

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done. He said none of what has gone on would have been possible without others.

"A lot of community spirit helped that," he said. "People were taking care of neighbours and that was phenomenal."

EUTHANASIA

## Lawmakers debate assisted death

Alberta lawmakers are to debate a government motion on medically assisted dying.

The motion introduced by the NDP says Albertans may exercise their right to get medical assistance in dying and there will be safeguards to protect vulnerable people.

It says the province will respect conscience rights and the right of patients to access the service.

Brandy Payne, associate minister of health, says the motion to be debated Tuesday will give all the opposition members the chance to state an opinion on the

highly divisive issue.

The province will then move forward with a plan based on the Supreme Court of Canada decision and proposed federal legislation.

Payne says Alberta's policy will be closely monitored and reviewed within one year.

"While the availability of medically assisted dying will provide relief from pain and suffering for many Albertans, it is a brand new area of practice and it is important that we ensure it is being practised safely," the associate minister said in a release Monday.

THE CANADIAN PRESS

HEALTH CARE

## Alberta expands dementia service

Alberta Health Services says it is expanding a program to help people with dementia, including Alzheimer's disease, in the Calgary and Edmonton regions.

People with the condition or their caregivers in these regions can now call a special 811 phone line for health advice.

Callers may also be referred to a special dementia nurse.

The 811 service has been available in areas outside of these regions since last year.

The province estimates

about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment and the ability to carry out daily activities.

The government expects the number of dementia cases to more than double in Alberta in coming years.

By 2038, the province estimates that about 10 per cent of Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

THE CANADIAN PRESS



# MAN OF STEEL

## MEET KEITH

Keith is a retired, fourteen-year veteran of the Canadian Armed Forces.

This family man of steel earned his NAIT part-time Machine Shop Certificate with the goal of opening his own machining facility.

Read more at  
[nait.ca/keith](http://nait.ca/keith)



"NAIT's evening and weekend courses allow me to fulfill my passion and work around my professional and family obligations."

Keith Ulch, MACHINE SHOP CERTIFICATE 2013



Enrol in a summer course today.  
[nait.ca/summerguide](http://nait.ca/summerguide)

WE  
ARE ESSENTIAL  
TO ALBERTA





## You can put a price on friendship... It's \$350!

Get \$350 when you open your new chequing account.\*

1. Open your **new** ATB personal chequing account by **June 30, 2016**.
2. Set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments (bill payments, mortgage or loan payments, contribution to investments, insurance payments, or property taxes) by **August 31, 2016**.
3. Get **\$350!**



# Revitalizing continent's Chinatowns

## CONFERENCE

### Organizers hope city's pocket will be a tourist hotspot



**Kevin Maimann**  
Metro | Edmonton

A conference set to explore the future of Chinatowns in North America will also focus in on Edmonton's Chinatown's potential as a tourist destination, as a way to make sure the community remains an important part of the city.

Chinatown Conference organizer Lan Chan-Marple said Edmonton needs to rethink the role of its 105-year-old Chinatown so that it does not dissolve like those in some other North American cities.

"We're hearing that a number of Chinatowns are disappearing or being displaced. So that worries us," Chan-Marple said, citing New York City as an example. "That's our main focus here now — will there be a Chinatown in the future? And if there is going to be a Chinatown in the future, what would that look like?"

Representatives from cities across North America will share their strategies at the conference,

running June 11 and 12 at the University of Alberta.

Chan-Marple said safety is a key issue in rethinking Chinatown, and community members are working with police to clean up the streets as well as discussing plans for better lighting.

"If local people feel that Chinatown is not really a safe place for them to come, then why would tourists come?" she said.

The community is also looking at ways to unite north and south Chinatown, which are currently divided by the 105 Avenue bridge that is owned by Qualico. Creating further division is the 102 Avenue LRT line that will run through the community.

The city is currently working with community groups on a new Chinatown master plan.

"To me, Chinatown is an integral part of Edmonton's heritage, it's an integral part of the city itself from all perspectives — economic, cultural, as well as social," Chan-Marple said.

She recognized many Edmontonians do not share that viewpoint and is working to change that by creating online historical resources with the Edmonton Heritage Council.

The conference is being organized by the Chinese Benevolent Association, the City of Edmonton, the U of A and several other Chinese community organizations.



**Chinatown Conference organizer Lan Chan-Marple stands in front of the Kai Ping District Association Monday.**

KEVIN MAIMANN/METRO

## Plus, up to \$150 for good behaviour.

Get up to \$150 for every friend you successfully refer to ATB.\*

1. Go to [atb.com/friends](http://atb.com/friends) and click "Refer Now".
2. Fill out the form and invite your friend to open a new ATB personal chequing account by **June 30, 2016**.
3. Have them set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments by **August 31, 2016**.
4. Get up to **\$150!**

And repeat! Every friend you successfully refer means up to \$150 for you!  
Plus, your friend cashes in on \$350.

Open an account at any branch or [atb.com/friends](http://atb.com/friends)

\*We'd love to fill you in on all the details. Visit us at any branch or [atb.com/friends](http://atb.com/friends).

**ATB Financial**





# HIGH ON FEATURES LOW ON PRICE

For a limited time, get the  
Samsung Galaxy A5 for \$0.\*  
**Save \$400** with a 2-year agreement.

- Refined full-metal design
- 5-inch HD display
- Ultra-slim 6.7 mm body

SAMSUNG  
GALAXY A5 FOR

**\$0**

on a 2-year standard plan  
starting at \$45/month



On Fido's amazingly fast LTE network.

Visit a store, shop on [fido.ca](http://fido.ca) or call 1-866-301-3436.



## PUBLIC HEALTH WARNING

# Doctor disputes police's W-18 claim



**Kevin Maimann**  
Metro | Edmonton

A public health doctor in Edmonton has argued that many fears and assumptions around the drug W-18 are in fact misguided.

Police and health officials have been sounding public warnings, insisting that W-18 is 100 times as toxic as fentanyl and 10,000 times as toxic as morphine.

However Dr. Hakique Virani says those numbers are based on unreliable tests done on mice in the 1980s — when the drug was developed and patented by a University of Alberta researcher.

"The assumptions were, unfortunately, I think, overblown," Virani said.

W-18 has also been widely labelled as a synthetic opioid, though new research at the University of North Carolina suggests that the drug does not, in fact, behave as a trad-

**"The conclusion that W-18 is the king of all opioids is a faulty one to make, and might have some real downside when it's communicated to the public in that fashion."**

Dr. Hakique Virani

ditional opioid.

"That doesn't mean that W-18 isn't toxic to human cells. That doesn't mean W-18 can't cause or contribute to an overdose," Virani said.

"But the conclusion that W-18 is the king of all opioids is a faulty one to make, and might have some real downside when it's communicated to public in that fashion."



Government House Leader Brian Mason has insisted that Ontario are key potential allies for Alberta. METRO FILE

# Wynne fallout puts Wildrose in dock

## DIPLOMATIC INCIDENT

## NDP accuses opposition of trying to hurt pipeline deal

Alberta's NDP government says the discourteous treatment of Ontario Premier Kathleen Wynne in the legislature raises concerns the Opposition Wildrose party is trying to scuttle the Energy East pipeline deal for partisan political gain.

Government House Leader Brian Mason said while the National Energy Board makes decisions on pipelines, building political bridges with other provinces is critical.

"Ultimately the decision (on

the pipeline) will have to be made by the federal cabinet, and so the position of Ontario and other provinces is an important factor that the federal cabinet will have to weigh," Mason said Monday.

"There's absolutely no question in my mind that the government of Ontario and the premier of Ontario are key potential allies for our province in getting our product to tidewater.

"The fact the Wildrose can't see that, and plays games to try and damage the government, means that they're putting their partisan political advantage ahead of the interests of the province as a whole and that is a shame."

The Energy East line would take Alberta crude across Can-

ada, including Ontario, to pipelines and refineries in New Brunswick to get a better global price for a key Canadian resource.

Wynne has said she would support the line with conditions, including high environmental and safety standards.

Wynne came as a guest of the Alberta legislature Thursday. As she sat in the gallery, Wildrose finance critic Derek Fildebrandt labelled Ontario one of the worst debt and

spending offenders in the world and urged Notley not to follow the lead of the Ontario government.

Fildebrandt also heckled Notley, demanding to know why she had invited Wynne and not Alberta's next-door neighbour, Premier Brad Wall of Saskatchewan.

A day later, Wildrose house leader Nathan Cooper said the caucus regretted the tone of the questions, a point reiterated by Jean on Monday.

"The tone and some of the heckling was inappropriate given that Ms. Wynne was in the audience. We regret that tone," Jean said.

Jean was asked whether the Wildrose still supports Energy East. "Absolutely," he replied.

THE CANADIAN PRESS

**"We've come clean and we've apologized."**  
Brian Jean, Wildrose leader

## Service Directory

To advertise call 780-702-0592

## FINANCIAL



credit700.ca

**\$750 Loan and more**

**No credit check**

Open 7 days from 8 to 8 (EST)

Call us or apply online

**1-855-527-4368**

**www.credit700.ca**

## TAX CREDITS

## Hip or Knee Replacement?

The Disability Tax Credit allows for a

**\$2,500 Yearly Tax Credit**

**\$20,000 Lump Sum Refund (on avg)**

Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

For Expert Help: **1-844-453-5372**



## DEVELOPMENT

## Three plans for Five Corners



**Ryan Tumilty**  
Metro | Edmonton

The city is weighing three offers for an abandoned condominium project on Jasper Avenue that it hopes will help animate the Quarters neighbourhood.

The city put the "Five Corners" site on Jasper Avenue and 95 Street earlier this year with bids closing in late March for interested parties at a suggested price of \$4.375 million. A proposed condominium

tower had been planned for the site, but after excavating for the base of the tower, the builder walked away.

City spokesperson Jodi Tauber said they received three proposals and are evaluating them now. The city is eager to see development on the site and Tauber said they hope to select winning bidder as soon as possible.

"There are timelines in the RFP that people have to meet, so we want to get that sewn up as quickly as possible," she said.

Tauber said three proposals

for the site, which includes the excavated site along with the adjacent piece of land that currently holds a dry cleaners, was a good response.

"We were really encouraged by the interest. We got three proposals, but we definitely had a lot of interest from people in that area."

The city has a community revitalization levy in place for the Quarters, Tauber said and they're encouraged developers want to build there.

"It's going to take time to change, so when you see interest that is always a good thing."

## IN BRIEF

### Psychiatrist's porn charge

A man who was arrested after a report of voyeurism in a West Edmonton Mall washroom is an Australian child psychiatrist.

Police arrested Aaron Voon, 41, on May 22 after receiving a call indicating a man had used a cellphone to record a boy urinating in the washroom at Scotiabank Theatre.

He was charged with making child pornography, possession of child pornography and voyeurism. KEVIN MAIMANN





# June 3rd & 4th EDMONTON CRAFT BEER FESTIVAL

Use Promo Code: **METRO15** for 15% off Tickets @ [WWW.ALBERTABEERFESTIVALS.COM](http://WWW.ALBERTABEERFESTIVALS.COM)

metroNEWS Canada

Tuesday, May 31, 2016 9

## Zoos can learn from gorilla's death

### ANIMAL WELFARE

### Incident can be a 'teachable' moment, says zoo regulator

The main regulatory body for Canada's zoos says the death of a gorilla in the United States should serve as a "teachable moment" for Canadian organizations.

Canada's Accredited Zoos and Aquariums says it will be sending an advisory to its members reminding them to ensure its safety protocols are sound and able to protect staff and patrons.

Staff in Cincinnati shot and killed Harambe, a 17-year-old endangered lowland gorilla, after a four-year-old boy fell into its enclosure and was dragged by the animal.

There has been public outcry denouncing the zoo for killing the gorilla, but officials say the decision was necessary to avoid the risk of having the giant animal crush the boy by mistake.

CAZA executive director Massimo Bergamini says this is the time of year during which member zoos tend to review their

systems, and the weekend tragedy is a timely reminder of why this is necessary.

He said such incidents are very rare in both Canada and the U.S., relative to the number of people that visit zoos each year.

Bergamini said all CAZA members must show top-of-the-line safety procedures as part of the accreditation process, adding Harambe's death is a sad reminder of how quickly

systems, and the weekend tragedy is a timely reminder of why this is necessary.

Bergamini said the staff in Cincinnati handled the situation exactly right, adding the decision to kill the gorilla likely spared a human life.

The Association of Zoos and Aquariums shared his view, saying the weekend incident played out as it did due to planning and preparation for just such an event.

Spokesman Rob Vernon said the association's accreditation procedure requires members to conduct four safety drills a year and have a response plan in place for dangerous animals.

"I think that preparation is what you saw happen in Cincinnati where the zoo professionals were able to resolve the situation very quickly," Vernon said. "They have a top-notch staff there, and it showed yesterday during an unfortunate incident."

But others took a different view of the Cincinnati Zoo actions, questioning why a member of an endangered species had to be put down rather than tranquilized.

"It's so sad that a poor gorilla had to be shot dead because

**A magnificent gorilla dies because a zoo failed to make its barriers safe.**

Piers Morgan, on Twitter

accidents can happen.

"In addition to having policies and procedures in place, this involves holding regular emergency simulation exercises to ensure that in the event of an incident, trained Emergency Response Personnel are mobilized, know exactly what to do, and have the necessary equip-



A boy brings flowers to put beside a statue of a gorilla outside the shuttered Gorilla World exhibit at the Cincinnati Zoo & Botanical Garden in Cincinnati on Monday. THE ASSOCIATED PRESS

a woman couldn't look after her child and a zoo didn't have enough protection," wrote one Twitter user.

"Absolutely makes me weep with sadness. Poor #Harambe the #gorilla. Stupid parents, control your children!" wrote another.

British television personality Piers Morgan waded into the fray too, putting blame squarely

on the zoo.

"RIP Harambe. A magnificent gorilla dies because a zoo failed to make its barriers safe," he tweeted.

The zoo's director, Thane Maynard, said its dangerous-animal response team, consisting of full-time animal keepers, veterinarians and security staff, made the right call to kill the gorilla. He noted that the

190-kilogram gorilla didn't appear to be attacking the child but was in an "agitated situation" and was "extremely strong." A tranquilizer wouldn't have immediately felled the gorilla, leaving the child in danger, Maynard said.

Protesters were planning a vigil at the Cincinnati Zoo on Monday in protest of the animal's death. THE ASSOCIATED PRESS

### WINNIPEG

### Ducks' tale has a happy end



Shane Gibson  
Metro | Winnipeg

Talk about some lucky ducks.

A group of newly hatched ducklings that got stuck after falling into a sewer in St. Vital, Winnipeg, over the weekend have been reunited with their mother thanks to a group of neighbours and the Wildlife Haven Rehabilitation Centre.

The neighbours called the local wildlife rescue organization after noticing the mother duck working frantically to free her ducklings from a sewer drain.

By the time a Wildlife Haven Rehabilitation Centre volunteer got out to the scene the growing group of neighbours had managed to free all the ducklings from the sewer drain, but there was a new problem — the mother had flown the coop.

After having no luck searching for mom, the baby ducks were packed up into a box to be taken back to Wildlife Haven.

But at the last second momma duck returned, so after quite the adventure, the ducklings hopped out of the box and marched off dutifully behind their mother.

### MONTREAL

### Protesters were misguided: Owner

The co-owner of a boutique grocery store in a gritty Montreal neighbourhood that was robbed by mask-wearing protesters in a smash-and-grab raid says they were misguided in their actions.

About 30 people clad in black clothing stormed the premises on the weekend, stole thousands of dollars worth of goods and stuck anti-gentrification stickers on the windows.

The group fled before police arrived, throwing objects at the store front and at nearby cars. As of Monday afternoon, no arrests had been made.

At the time, only a young female employee was in the store, which is called simply 3734 and is located in the west-end neighbourhood of Saint-Henri.

"They terrified a girl who works so hard and who hasn't always had the easiest life," co-owner Maxime Tremblay said in an interview.

"I don't see how that's going to help spread their message."

Tremblay said it didn't make sense for protesters to target 3734 as he and his co-owner don't own the building.

He insists the small business is involved in the community, buys and sells lots of local products, keeps the neighbour-



Co-owner Maxime Tremblay is seen in his boutique grocery store on Monday.

PAUL CHIASSON/THE CANADIAN PRESS

hood's needs in mind and offers affordable as well as luxury goods.

Gentrification has been a heated topic in Saint-Henri for years. Multiple shops on the same street as 3734 were targeted in a similar fashion a year ago.

According to Shannon Franssen, the co-ordinator of local organization Solidarite Saint-Henri, gentrification has become particularly problematic now that it is affecting an area that has historically been very poor.

"A lot of locals don't recognize their neighbourhood, they don't feel at home anymore," she said. THE CANADIAN PRESS

## CAREER TRAINING ON YOUR TERMS

Your school schedule should fit around your life.

Academy of Learning's flexibility means you can achieve your dreams, your way.

Career Programs in Healthcare, Business, IT, Legal, Hospitality, Accounting and more!

Funding may be available for those who qualify.

DOWNTOWN (780) 424-1144  
MILLWOODS (780) 433-7284  
CALLINGWOOD (780) 496-9428



**Academy  
OF LEARNING**  
CAREER COLLEGE

[www.academyoflearning.ab.ca](http://www.academyoflearning.ab.ca)

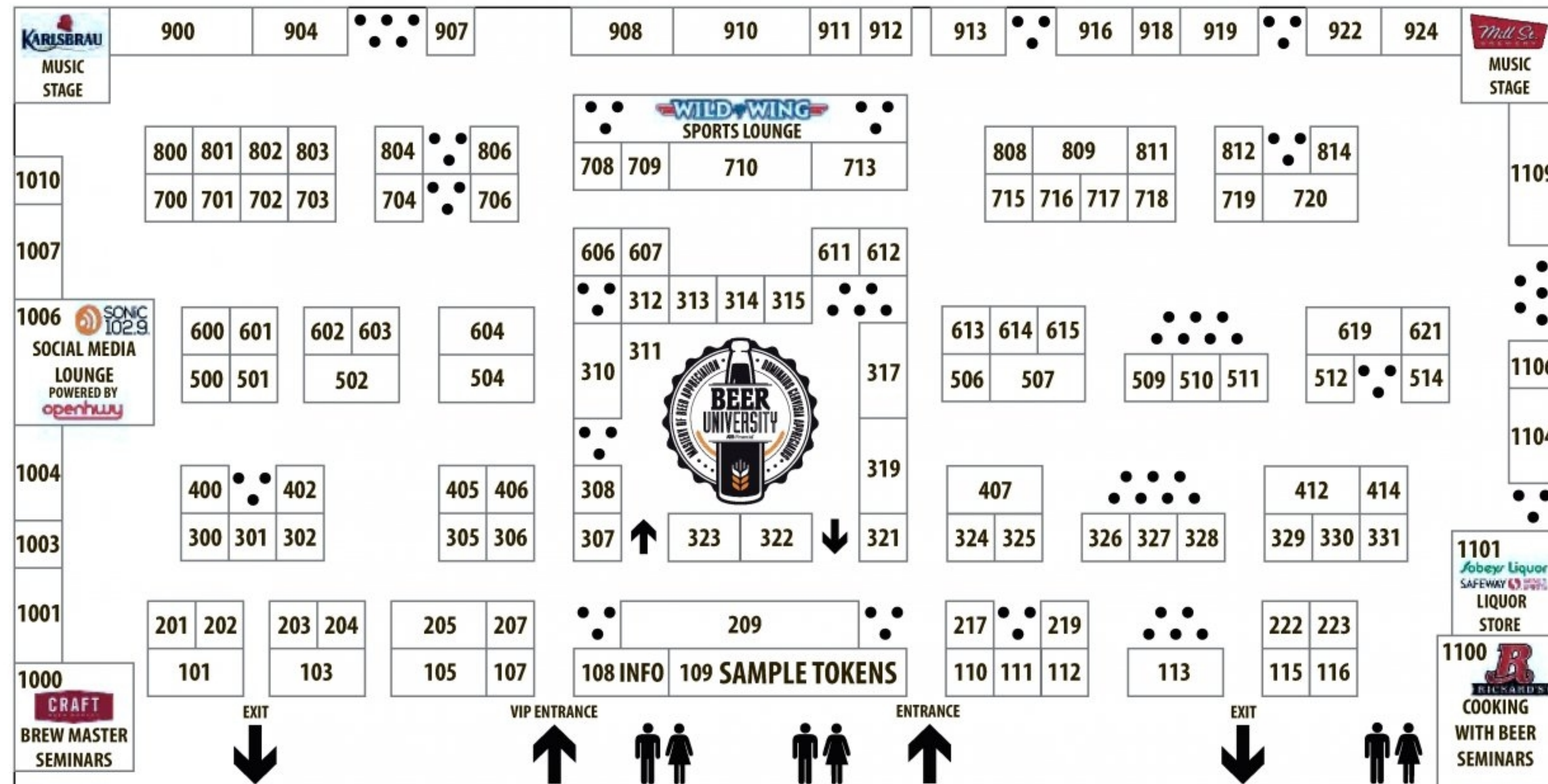




# EDMONTON CRAFT BEER FESTIVAL

Use Promo Code: **METRO15** for 15% off Tickets @ **WWW.ALBERTABEERFESTIVALS.COM**

June  
3rd & 4th



## LEGEND:

- |                                       |                                       |                                     |
|---------------------------------------|---------------------------------------|-------------------------------------|
| 1106 100.3 The Bear                   | 1007 Federation of Beer               | 202 Samuel Adams                    |
| 412 12 Acres Restaurant               | 414 Fernie Brewing Co.                | 310 Sandwiches & Sons               |
| 323 95.7 Cruz FM                      | 710 Fionn MacCool's                   | 900 Sherlock Holmes Pub             |
| 1006 AB Cancer Foundation             | 916 Fruh                              | 803 Shock Top                       |
| 307 ABF Beer U Welcome Booth          | 331 Fuggles & Warlock Craftworks      | 509 Sierra Nevada                   |
| 312 Alberta Barley                    | 512 Glutenberg                        | 306 Singha Lager                    |
| 314 Alberta Wheat                     | 111 Goat Locker Brewing Co.           | 305 Situation Brewing Co.           |
| 504 Alley Kat Brewery                 | 800 Goose Island Brewing              | 405 Six Corners Brew Works          |
| 613 Angry Orchard Cider               | 315 Grains West                       | 615 Sleeman Brewery                 |
| 716 Arrowhead Brewing                 | 912 Granville Island Brewery          | 1101 Sobeys Liquor Store            |
| 319 ATB Financial                     | 719 Great Western Brewing Co.         | 1006 Social Media Lounge            |
| 600 Banff Ave. Brewing Co.            | 814 Hey Y'all Iced Tea Co.            | 708 Something Brewing               |
| 514 BC Tree Fruits Cider Co.          | 619 Honesty Box Cider                 | 1006 Sonic 102.9 Modern Rock        |
| 506 Beer Revolution                   | 322 Hot 107                           | 300 Speakeasy Ales & Lagers         |
| 311 Beer University                   | 1001 Impact Canopies                  | 720 Spolumbo's                      |
| 402 Bench Creek Brewery               | 108 Information                       | 804 Stanley Park Brewing            |
| 328 Betty's Coolers                   | 105 Innis & Gunn                      | 510 Steamworks                      |
| 602 Big Rig Craft Distillery          | 918 John H.R. Molson & Bros 1908      | 908 Strongbow                       |
| 904 Big Rock Brewery                  | 911 K-97                              | 203 TappCar Inc.                    |
| 811 Big Surf Beer                     | 219 Karlsbrau Brewing Co.             | 919 The Druid                       |
| 325 Black Bridge Brewing Co.          | 1006 Kids Up Front                    | 113 The Great Indian Factory        |
| 611 Blindman Brewing Co.              | 222 Licorne Brewing Co.               | 709 The Grizzly Paw Brewing Co.     |
| 704 Boiling Oar Brewing Co.           | 603 Lucky Bastard Distillers          | 209 The Hat Resto & Pub             |
| 619 Brasserie De Les 2 Freres         | 116 Mad Jack                          | 502 The Underground Tap & Grill     |
| 1000 Brew Master Seminars             | 802 Mike's Beverages                  | 703 Timothy Taylor                  |
| 507 Brewsters Brewing Co.             | 924 Mill Street Brewery               | 717 Tin Whistle Brewing             |
| 703 Brouwerij Verhaeghe Vichte        | 808 Miller Genuine Draft, Miller Lite | 500 Tool Shed Brewing Co.           |
| 223 Cannery Brewing Co.               | 913 Minhas Micro Brewery              | 706 Troubled Monk Brewery           |
| 103 Caricatures by Simon              | 700 MKT Beer Market                   | 201 Twisted Tea                     |
| 407 Category 12 Brewing               | 801 Modelo Especial                   | 1109 Two Sergeants Brewing Co.      |
| 327 Central City Brewers & Distillers | 1003 Molson Canadian Cider            | 217 Van Honsenbrouck Castle Brewery |
| 1004 Central Social Hall              | 300 Moylan's Brewing                  | 612 Village Brewery                 |
| 619 Charles Well Brewery              | 1010 Mt. Begbie Brewing Co.           | 606 Virgin Radio                    |
| 1100 Cooking with Beer Seminars       | 715 Nelson Brewing                    | 115 Volkan Beer                     |
| 300 Coronado Brewing Co.              | 607 New Belgium Brewery               | 112 Wanderoot                       |
| 621 Coulee Brew Co.                   | 619 NZ Pure Lager                     | 619 Waterloo Brewing Co.            |
| 302 Crabbies                          | 614 Okanagan Springs Brewery          | 812 Whistler Brewing Co.            |
| 204 Craft Beer Importers              | 308 Olds College Brewery              | 406 Wild Rose Brewery               |
| 1104 Craft Beer Market                | 922 On the Rocks                      | 910 Wild Wing                       |
| 702 Delirium Tremens-Huyghe           | 301 Pacific Western Brewing Co.       | 806 Winterland Beverages            |
| 511 Deschutes                         | 329 Parallel 49 Brewing Co.           | 601 Wood Buffalo Brewing Co.        |
| 300 Devil's Canyon Brewing            | 324 Phillips Brewing Co.              | 407 Worthy Brewing Co.              |
| 407 Double Mountain Brewery           | 205 Pinocchio Ice Cream               | 302 Wychwood                        |
| 326 Driftwood Brewing                 | 330 Pumhouse Brewing                  | 110 Yellowhead Brewery Co.          |
| 907 Dusty Boots Hard Root Beer        | 313 Red Shed Malting                  | 604 Yukon Brewing Co.               |
| 317 Edmonton Beer Geeks Anonymous     | 501 Ribstone Creek Brewery            |                                     |
| 809 Edmonton Sport & Social Club      | 811 Rider Cider                       |                                     |
| 321 Edmonton's Food Bank              | 713 Rogue Ales                        |                                     |
| 400 Fallentimber Meadery              | 718 Russell Brewing Co.               |                                     |
| 101 Fat Unicorn Brewing               | 109 Sample Tokens                     |                                     |



PRESENTED BY:

**Sobeys Liquor**  
**SAFeway WINE & SPIRITS**

[www.albertabeerfestivals.com](http://www.albertabeerfestivals.com)

ABBBeerFestivals  
 @yegbeerfest  
 #yegbeerfest

## COOKING WITH BEER SEMINARS

- Friday, June 3rd
- 4:30 to 5:00 BEER & CHEESE
  - 5:30 to 6:00 SHERLOCK HOLMES PUB
  - 6:30 to 7:00 THE HAT RESTO & PUB
  - 7:30 to 8:00 BEER & CHEESE
  - 8:30 to 9:00 THE DRUID IRISH PUB
- Saturday, June 4th
- 2:30 to 3:00 BEER & CHEESE
  - 3:30 to 4:00 THE DRUID IRISH PUB
  - 4:30 to 5:00 SHERLOCK HOLMES PUB
  - 5:30 to 6:00 BEER & CHEESE
  - 6:30 to 7:00 THE HAT RESTO & PUB
  - 7:30 to 8:00 BEER & CHEESE

## BREW MASTER SEMINARS

- Friday, June 3rd
- 5:00 to 5:30 BEER 101 Hosted by Craft Beer Market
  - 6:00 to 6:30 BEER PERSPECTIVES With Bench Creek Brewing
  - 7:00 to 7:30 25 YEARS OF BEER With Brewsters Brewing Co.
  - 8:00 to 8:30 RISE OF CRAFT DISTILLERIES With Big Rig Craft Distillery
- Saturday, June 4th
- 3:00 to 3:30 DRINK BARLEY From Farm to Glass With Andler Valley Farm, Red Shed Malting and Troubled Monk Brewery
  - 4:00 to 4:30 RURAL BREWING With Ribstone Creek Brewery
  - 5:00 to 5:30 CRAFT BEER IN A CAN Tribute to Jamie Gordon Featuring Tool Shed Brewing Company
  - 6:00 to 6:30 NEW BEER ON THE BLOCK With Blindman Brewing
  - 7:00 to 7:30 THE SPIRIT OF FORT MAC With Wood Buffalo Brewing Co.

## THANK YOU TO OUR SPONSORS:



Official App of Alberta Beer Festivals

- View the digital map
- See the seminar schedule
- Save & rate beers you sample
- Join the #yegbeerfest social feed

<http://justbeerapp.com>







# June 3rd & 4th EDMONTON CRAFT BEER FESTIVAL

Use Promo Code: **METRO15** for 15% off Tickets @ [WWW.ALBERTABEERFESTIVALS.COM](http://WWW.ALBERTABEERFESTIVALS.COM)

12 Tuesday, May 31, 2016

World **metro** NEWS



Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

## 'Iron Dome' against hate of others

HAND IN HAND

### School brings together Israeli and Palestinian children

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohammad Marzouk, director of the community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and strategy, are in Toronto on a tour.

"Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli

students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and building common ground," she says.

Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.



**We can overcome that sense of helplessness with understanding.**

Rebecca Bardach

They partner with children who speak the other language, and study together. They also learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history.

The success of the Hand in Hand community has led to expansion, but on a shoestring. Its \$9 million-a-year budget is financed by the Israeli government and private donations. Scholarships are available, but fees are \$1,200 a year. "Not easy to afford" in Israel, Bardach admits.

TORSTAR NEWS SERVICE

ITALY

## Student burned alive: Police

A Rome university student was burned alive by her ex-boyfriend after she left him, authorities said Monday — a slaying one investigator called the most atrocious crime he has seen in his career.

Sara Di Pietrantonio, 22, died before dawn Sunday after Vincenzo Paduano, 27, first set her car afire, prosecutor Maria Monteleone told reporters. He then chased her about 500 metres (yards) as she tried to flee, setting her ablaze when he caught up with her, authorities said. Investigators said her attacker used a cigarette lighter to set Di Pietrantonio's face on fire after



Police officers inspect the site where the body was found. THE ASSOCIATED PRESS

dousing her with alcohol.

"I can say that in 25 years in this work I have never seen something so atrocious," said Luigi Silipo, the lead police official in

the investigation.

Paduano was being held for investigation of premeditated murder, Monteleone said.

The suspect first denied killing the woman, but after eight hours of interrogation, confessed to killing her, Silipo told reporters. "He couldn't accept the fact he was left" by her when she ended the relationship ended, Silipo said.

Investigators said the man, a security guard who had dated the victim for two years, tailed her car and at a certain point along a street on Rome's outskirts forced it to pull over before he killed her. THE ASSOCIATED PRESS

EQUALITY

## Trans teens fearful

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet became the subject of a state uproar and then a national uproar.

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

Acceptance of transgender people lags far behind acceptance of gays and lesbians. Polls suggest a slight plurality of Americans, about 45 per cent, think people should be forced to use the bathroom corresponding to their sex on their birth certificate.

Republicans have this year pushed "bathroom bills" in more than 15 states. North Carolina is the only state to pass one so far.

The Obama administration issued a letter implicitly threatening to deny funding to school districts that don't let transgender students use bathrooms matching their gender identity. Eleven Republican-led states are now suing. TORSTAR NEWS SERVICE

**Go above and beyond**

**Train to exceed expectations and deliver a higher level of service.**

Alberta's booming service and hospitality sector is poised for dramatic growth, and with that growth comes great opportunity.

We offer a range of introductory and specialized service and hospitality programs and courses:

- Service Industry Skills
- Guest Service Professional
- Customer Service Skills
- Managing Casino Slot Operations

**Register today**  
780.644.6480 | [norquest.ca/hospitality](http://norquest.ca/hospitality)

**NORQUEST COLLEGE**  
Step Forward

BRAZIL

## Gang rape proof escapes police

Police investigating a gang rape possibly involving more than 30 men said Monday that they have no doubt the assault happened but that tests on the 16-year-old victim were done too late to provide conclusive evidence.

The attack has shocked Brazilians and put a spotlight on the endemic problem of violence against women in Latin America's most populous nation.

Two men, including the boyfriend of the victim, have been

arrested in connection with the crime and four others sought by police are still on the loose.

The alleged attack happened in a slum in Rio de Janeiro on May 21. It came to light because a video clip and images were shared online.

Rio police chief Fernando Veloso said the rape kit tests were done five days after the incident, well beyond the recommended 72-hour window.

"We did not collect evidence of violence, but this does not

mean that there was no violence," said Veloso, who added that authorities did not learn of the incident until the posts appeared several days later. "Traces were lost because of time."

Veloso said police believe the gang rape happened because at least three men were involved in the video. However, they were not able to determine how many people participated in total, he said. The girl has testified there were 33 men.

THE ASSOCIATED PRESS



A gender neutral sign is posted outside a bathroom in Durham, North Carolina on May 11. GETTY IMAGES



## ROSEMARY WESTWOOD ON THE TORIES' NEW POLICY DIRECTION

### The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

I think it's safe to say people generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other

faiths that may traditionally object to LGBTQ rights. The low support for ban-

ning gay marriage underlines two facts, one hopeful, and one troubling:

#### Metro POLL

### The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say? We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

**53% No.** This is just window-dressing. I still don't trust them.

**16% Yes.** It's not enough for me to support them, but I appreciate the gesture.

**14% No.** I was with them before and I'm still with them.

**9% Yes.** This decision makes me lose respect for the party.

**8% Yes.** I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

They have just lost a faithful supporter!

Leopards can't change their spots. Too little too late.

visit [metronews.ca](http://metronews.ca)  
HAVE YOUR SAY



**While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.**



## The happy legacy of Metro Line misery

#### URBAN COMPASS

Tim Querengesser

The spectacular mess that is the \$665-million Metro Line should anger you beyond words. It's also the best thing to happen to Edmonton in a very long time.

Let me explain.

The outrage that the ongoing problems with line have created has finally pushed city council to demand Edmonton's bureaucracy to fully and properly change from the inside out.

Coun. Michael Walters, who has spoken highly of recent shifts to the bureaucracy said the city often struggled to talk to itself.

The largest piece of that dysfunctional knot was the department of transportation.

The department existed as "an empire of its own," Walters said. "They just had leadership that felt they were an island unto themselves and a city manager that didn't confront that, and frankly, a council that let it happen."

But after the Metro Line and several other high-profile capital-project blunders, city council finally responded: They fired former city manager Simon Farbrother, and other big names formerly with transportation have also been let go.

But city council also allowed its new city manager, Linda Cochrane, to see the city's structure itself as something that needed fixing.

Walters put it more bluntly: "It needed to be blown up."

Cochrane has responded, too: As of last fall, the transportation department is no more — kaboom — and all

operations are now underneath one structure, bringing together planners from all disciplines to collaborate and build a better city that serves all interests.

But bigger than this, from my perspective, is what Cochrane describes she's trying to push within the city's bureaucratic culture — she calls it "servant leadership" — and the idea is that bureaucrats serve residents first, not their departments.

Reflect on that walled "island unto itself" that handled the Metro Line.

Cities are built by engineers, planners and technocrats with highly specialized knowledge, many of them who clustered in the former transportation department to build highly complex roads, bridges and, yes, LRT.

When it's time to make decisions, an island unto itself will often do what makes most sense to it while ignoring, or not even recognizing, others.

To understand the point, think of a street: A traffic engineer sees it as a place to move cars efficiently and keep motorists safe. A city, on the other hand, sees a street as a place to move along, to meet people, build community and to foster commerce.

As Cochrane explains, "When you are an expert in a particular field, sometimes you think you should be making all the decisions. What we're working on is this idea of servant leadership — that first and foremost, we're servants of citizens and council."

This may not be the big, shiny, silver-bullet fix many hope will repair the Metro Line. But it may mean that our city administration starts building things that work for more of us more of the time.

**metro**  
Your essential daily news


CHIEF OPERATING OFFICER, PRINT  
**Sandy MacLeod**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

EXECUTIVE VICE PRESIDENT,  
REGIONAL SALES  
**Steve Shroot**

MANAGING EDITOR EDMONTON  
**Tim Querengesser**

ADVERTISER INQUIRIES  
[adinfoedmonton@metronews.ca](mailto:adinfoedmonton@metronews.ca)  
General phone 780-702-0592

FREE TO SHARE 

**PHILOSOPHER CAT**  
by Jason Logan

IT IS NOT SO MUCH  
OUR FRIENDS' HELP  
THAT HELPS US AS THE  
CONFIDENT KNOWLEDGE  
THAT THEY WILL HELP US.



Philosopher cat now at  
[www.mymetrostore.ca](http://www.mymetrostore.ca)





Researchers find link between "alcohol identity" on social media and problems with drinking.



In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.  
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

## Cyber creeping: A gift and curse

### PERSONAL ESSAY

#### A breakup calls for a social media detox but at what cost?

**Ofelia Legaspi**  
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning. I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious

sector of millennials who don't have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments. To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow. I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse. For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter. Instead of coming to

him, I would parse his tweets for subtext. Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends. And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the tri-berri smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier. I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

### RESEARCH

## Mother's fruit consumption linked to higher IQs in babies

A Canadian study, published in the journal *EbioMedicine*, has found that women who ate more fruit during pregnancy had children with higher IQs at one year old.

In a recent study, Canadian researchers from the University of Alberta found that one of the factors contributing to improved cognitive development in children was the amount of fruit their mothers ate during pregnancy.

The scientists studied 688 one-year-old babies, who were controlled for factors otherwise affecting their learning

and development, such as family income and parental education.

They found that the mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

"We know that the longer a child is in the womb, the further they develop — and having one more serving of fruit per day in a mother's diet provides her baby with the same benefit as being born a whole week later," explains

## 6 or 7

Mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

AFP

Dr. Mandhane, the study's senior author.

In spite of their discovery, the researchers warn pregnant women against going

overboard on fruit, which contains fructose, as this can lead to complications such as gestational diabetes and high birthweight.

These initial findings will be followed up by more research, investigating whether the positive effects of fruit consumption on cognitive development persist in children over time. The scientists also plan to study the impact of fruit consumption on cognitive functions such as planning, organizing and working memory.

AFP



Improved cognitive development in children has been linked to how much fruit their mothers consume while pregnant.

ISTOCK



# Pressured to look as good as they play

## WOMEN IN SPORTS

### Staying skinny becomes worry for athletes, experts say

Eugenie Bouchard's admission that she battled an eating disorder during her precipitous fall in the women's tennis rankings came as no surprise to one former Olympian who now works as a sports psychology consultant to some of Canada's top athletes.

Former elite runner Penny Werthner says female athletes are held to a much different standard than their male counterparts.

"The women athletes are criticized for what they wear, what they look like, whether they're fat or not," said Werthner, also dean of the faculty of kinesiology at the University of Calgary.

"When was the last time someone commented on what (Novak) Djokovic looked like? Or (pointed out that Rafael) Nadal is short?"

Bouchard revealed ear-

lier this week that she suffered from an eating disorder brought on by "a lot of pressure" following her 2014 breakthrough, when she finished the year ranked seventh in the world.

The career-high came after her loss to Petra Kvitová in the Wimbledon final and semi-final appearances at the French Open and Australian Open.

The success of that season quickly launched her to tennis superstardom, drawing cameras, media and fans wherever she went.

But the streak didn't last. Her first match after the Wimbledon final was the Rogers Cup in Montreal, where the hometown favourite disappointed with a 6-0, 2-6, 6-0 loss to 113th-ranked qualifier Shelby Rogers.

It didn't get much better as the year wore on. Her ranking plummeted to 48th at the end of 2015.

Bouchard now says last year also featured a private battle to maintain her weight.

"I just felt so nervous, it was hard to eat before matches and sometimes at other meals, just hard to keep it down. I



Eugenie Bouchard recently said she found it hard to keep food down when she was in the sports spotlight last year. MATTHEW LEWIS/GETTY IMAGES

didn't try to lose weight, but it definitely happened. It was definitely a cause of the stress. I've learned a lot from it, and I know I just have to force food down my throat even if I feel sick because I am burning so many calories."

Werthner says the push to

succeed is especially hard in tennis because it's a solitary sport and comes with the added pressures of courting sponsors and endorsement deals.

She said it can be especially hard for women to rebound from a loss because they tend to take failures personally,

while men will sometimes place the blame elsewhere.

"You lose a match and then you lose a little bit of confidence and then maybe an eating disorder comes out of that or maybe it comes out of something else in her life that's not directly related to competitive

“

**Women athletes are criticized for what they wear, what they look like, whether they're fat or not.**

Penny Werthner

sport," said Werthner.

Bouchard, currently ranked 47th, was eliminated from the French Open Thursday after a second-round loss to Tímea Babos.

Marbella Carlos of the National Eating Disorder Information Centre in Toronto says eating disorders are common in "esthetic sports" like dance and gymnastics. She said tennis players also battle social stigmas that have nothing to do with their abilities.

"Even though they're elite athletes and do these incredible things with their bodies they're still looked at through a sexualized gaze, that definitely could have contributed as well," she said.

THE CANADIAN PRESS

## WagJag

## Up to 60% OFF

### Patio and BBQ Essentials

Make your Summer Sizzle with **Wagjag.com**

Visit **WagJag.com** to check out more local services, products and travel deals.

Brought to you by  
**metrolandmedia**  
Connected to your community™

CCCA

ACCREDITED BUSINESS



\*Percentages advertised may not reflect actual discounts



# If your friends take risks, you will too

## RESEARCH

## Peer pressure very real when it comes to thrill seeking

Why do we sometimes take big risks — like skydiving or moving across the country — and other times play it safe? It could be thanks to our peers, suggests research from the California Institute of Technology that looks at the potentially “contagious” nature of risk taking.

The study looked at how 24 volunteers responded when asked to choose between taking \$10 and making a risky gamble with a potentially higher payoff and found that, when the volunteers had previously watched a risk-taking peer, they were more likely to make the risky gamble themselves.

The findings reveal how passively observing others can influence someone's risk-taking behaviour, says Shinsuke Suzuki, a post-doctoral scholar in neuroscience and first author of the study.

So why the contagious effect?

It might be because our neural response to risk is changed by watching others, Suzuki says, but it's an open question as to what psychological factors are driving it.

It's worth keeping in mind that this study is small, and it doesn't mean we're totally hard-wired to mimic daredevil friends. Still, it does line up with research out of Temple University in Philadelphia, which found people sometimes take more risks when they're around their peers, particularly in their younger years — which probably comes as no surprise to anyone who knows a teenager.

Cognitive psychologist Andreas Wilke, an associate professor at Clarkson University in New York, says modern risk-taking research shows people might be willing to take risks in one area, but not another. In the presence of their friends, men are also more likely to take risks, Wilke notes, and single guys are more likely to make risky moves than coupled-up men. “When heterosexual males are given the opportunity to take risks, they like to advertise potential skills and fitness benefits to others, saying, ‘Ladies, I might



Ottawa resident Robyn Baldwin, left, is a self-described adrenalin junkie, and says her risky-but-fun pursuits are often done with friends. CONTRIBUTED/TORSTAR NEWS SERVICE

be a good potential partner to mate with,” he says.

Our collective desire to take risks stems from humanity being a highly social species. “I might take a risk to impress someone, ... but my judgment of a risk, I might take from my social circle,” Wilke explains.

Even something terror-inducing — like bungee jumping or sky diving — might not seem so scary when we're surrounded by peers. “If I see all my close friends get a total joy out of that, I might be more willing to join in,” Wilke says.

Of course, there can be a

downside since risks, Wilke notes, can be potentially dangerous or even deadly. But we're a highly social species, so the good news is taking risks with friends or loved ones can bring us closer together. “Friendships might be strengthened,” Wilke says.

TORSTAR NEWS SERVICE

## + DIVING IN

### Pals who skydive together stay together

Ottawa resident Robyn Baldwin is a self-described alpha female and adrenalin junkie, and says her risky-but-fun pursuits — like bungee jumping and zip-lining — are often done with friends.

Last year, alongside a close high school friend and his girlfriend, Baldwin went skydiving for the first time at Skydive Toronto, and says the experience was emotional but “amazingly fun.” Taking the plunge was her idea, she says, and she would've gone alone if needed.

Still, Baldwin says risk-taking with friends encourages her to try things she might not be comfortable to do on her own. “It creates more active friendships,” she says.

TORSTAR NEWS SERVICE

ENTER TODAY FOR YOUR CHANCE TO **WIN**

Wonderlist.ca

eOne

THE FOUR HORSEMEN, Jesse Eisenberg, Woody Harrelson, Dave Franco, Lizzy Caplan, return for a second mind-bending adventure, elevating the limits of stage illusion to new heights and taking them around the globe.

Wonderlist is giving you a chance to see

**NOW YOU SEE ME 2**

before it comes out in theatres on June 10!

A double pass to see an advance screening of  
Now You See Me 2 on Wednesday, June 8, 2016

No purchase necessary. Skill testing question required. Contest open to residents of Ontario, British Columbia, Alberta and Manitoba (excluding Q.B.) 18 years of age or older. There are two hundred and forty-five (245) prizes available to be won, thirty-five (35) in each market. Each winner will receive two (2) tickets to see an advance screening of Now You See Me 2 on Wednesday, June 8, 2016. Approx. twenty-five dollars (\$25) CDN. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 01:00 pm ET on May 19, 2016 and closes at 09:00 am ET on June 01, 2016. For instructions to enter and complete contest rules, visit wonderlist.ca.



JOHANNA SCHNELLER **WHAT I'M WATCHING**

## The one big question of Game of Homes

**THE SHOW:** Game of Homes, Season 2, Episode 2  
**THE MOMENT:** The kitchen fight

With the clock ticking, proudly Italian best friends Dom and Michael argue about wainscoting. “Do you want it centered to the window?” Dom, the little one, asks.

“Measure the space!” Michael, the tall one, barks.

“So you want it centered to the wall?” Dom asks.

“I want you to do it right!” Michael yells (among other colorful phrases, which are bleeped).

“Talk English, ya f—ing bird!” Dom shouts. “Do it yourself!”

“At least I’ll do a good job!” Michael hollers.

Tyler, teamed with his fiancée, Courtney, overhears them. “This is what this will do to you,” he says.

“You care so much, you freak out.”

Yes, Tyler, exactly. The sum total of thinking here — four teams renovate a house; the winning duo gets it — is this: Give people stressful time limits, then watch them stress.



Who wants a house built in too little time by exhausted amateurs, asks Johanna Schneller. CONTRIBUTED

It sure doesn't teach me how to renovate properly; experts help behind the scenes. It doesn't show me how to critique taste: No matter who wins, the others spout, “The judges are wrong.”

As with all reality shows, the appeal is the characters: You root for the team you decide to like. Here you can decide immediately, because there's no character development. Do you feel bad for Alex, the only skilled workman, and his help-

less mum Shelley? Do you enjoy Dom and Michael's chippiness? Kim and Harry's over-ambition? Do you care if Tyler comforts Courtney when she cries?

No one, however, asks the question that's plaguing me: Who wants a house built in too little time by exhausted amateurs?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



# Pens draw first blood

NHL PLAYOFFS

## Bonino scores winning goal in late stages of third period

Nick Bonino scored the winner at 17:27 of the third period as the Pittsburgh Penguins edged the San Jose Sharks 3-2 on Monday night in Game 1 of the Stanley Cup final.

Bonino deposited Kris Letang's feed from the corner. Letang managed to elude the defence of Brent Burns, who lost his stick moments earlier.

Bryan Rust and Conor Sheary also scored for the Penguins, who host Game 2 on Wednesday night at Consol Energy Center.

Tomas Hertl and Patrick Marleau found the back of the net for the Sharks.

Matt Murray stopped 24 of 26 shots for Pittsburgh while Martin Jones made 38 saves.

It was all Pittsburgh in the early going. Playing their first Stanley Cup final game since 2009, the Penguins got the first good chance of the game in front of a home crowd clad in bright yellow shirts and waving towels of the same colour.

Patric Hornqvist nearly banged in an attempt thrown to the front of the net from the corner of the Sharks zone while charging towards the goal.

It was just the start of the Penguins onslaught in the first, one that saw them outshoot San Jose 15-4 with loads of speed while landing a pair of goals in quick succession.

Rust, who scored twice in Game 7 of the Eastern Conference final, was the first to beat Jones, racing into the Sharks zone before finding teammate Justin Schultz trailing on the play. Schultz's shot attempt



Penguins Ben Lovejoy, left, and Carl Hagelin swarm Nick Bonino after his game-winning goal against the Sharks on Monday night. KEITH SRAKOCIC/THE ASSOCIATED PRESS

from high in the slot bounced off the left glove of San Jose defenceman Marc-Edouard Vlasic with Rust pouncing on the puck as he crashed the net.

Sheary joined Rust on the scoresheet 62 seconds later after taking a pass from Sidney Crosby, who raced deep into the left corner for a free puck. The Penguins captain then flung a hard backhand pass across the ice to Sheary, who beat Jones high into the far corner.

A different road team

### GAME 1 In Pittsburgh



emerged in the second, firing eight of the first nine shots and scoring three minutes into the

period. The goal came courtesy of a San Jose power-play which led all teams in the post-season entering the final.

Hertl, stationed just above the goal-line to the left of Murray, stepped towards the goal as he guided a shot between the pads of the Penguins goalie.

The Sharks continued their push before evening the score at 2-2 with less than two minutes to go in the second.

Burns got the play started in the offensive zone. Eventually, after Logan Couture won a

battle for the puck in the corner, Burns got it back on his tape and fired from the point. Marleau grabbed hold of the rebound, zipping it around the net with a backhand into the goal, just ahead of Murray sliding from left to right.

It was the fifth goal of the playoffs for Marleau, drafted second overall by the Sharks in 1997. Marleau played in 165 post-season games before reaching his first Cup final, the most of any player.

THE CANADIAN PRESS

HOCKEY

## Expenses divide NHL and Olympics

NHL commissioner Gary Bettman said NHL participation in the next Olympics would likely hinge on money.

In his annual state of the union address at the Stanley Cup final, Bettman said the league and NHL Players' Association might have to reconsider their participation in the Olympics if the International Olympic Committee went ahead with its threat of not paying out-of-pocket expenses for NHL players.

"Among the various things that have to be covered, whether it's transportation or insurance or accommodation, it's many, many, many millions of dollars," Bettman said. "This is no small-ticket item."

IIHF president Rene Fasel recently revealed that the IOC and their president Thomas Bach aren't interested in paying costs — transportation and insurance chiefly — that have been covered for the past five Olympics.

The 2018 Olympics will be held in South Korea.

THE CANADIAN PRESS



Gary Bettman  
GETTY IMAGES

### + EXPANSION

Bettman said the NHL's Board of Governors would meet in Las Vegas prior to June 22 NHL awards with a decision on expansion, which could include Las Vegas and Quebec City.

**\$59.99\***

**\$59.99\***

**SCORE THE PERFECT FATHER'S DAY GIFT!**

**mymetrostore.ca**  
shop your city

\*Plus Shipping & Taxes

**YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

2	6	1	9	5	4	8	7	3
8	3	9	7	6	2	4	5	1
5	4	7	1	3	8	2	9	6
6	5	4	8	1	3	7	2	9
3	9	2	6	4	7	1	8	5
7	1	8	2	9	5	6	3	4
1	8	6	5	7	9	3	4	2
9	2	3	4	8	1	5	6	7
4	7	5	3	2	6	9	1	8



# Ball in Ujiri's court

## RAPTORS OFF-SEASON BEGINS

### GM tasked with bringing DeRozan and Biyombo back

The Toronto Raptors' season — a delightfully long and somewhat unexpected romp to the NBA's Eastern Conference final — wasn't over an hour and there stood Masai Ujiri in the cacophonous bowels of the Air Canada Centre.

He was, of course, bitterly disappointed at what had just transpired, the Cleveland Cavaliers were celebrating just down the hall, the Raptors were lamenting the end of a magical season but, still, there was the teeniest amount of excitement in Ujiri's voice.

"Now I get to do my job," he said amid the din and the people and the emotion. "Make our team better."

It will be easier said than done, the realities of life in



Free-agents-to-be DeMar DeRozan, left, and Bismack Biyombo have both said they'd like to return to Toronto.

RICK MADONIK/TORSTAR NEWS SERVICE

the NBA will mean it will take some ingenuity, some good fortune, some compliance from players and agents but it's the job the president and general manager is richly rewarded to do and he will not shy from it.

"It's our job, we have to figure it out," he said during a wide-ranging, end-of-the-season session with the media

Monday.

The pressing issues are obvious and have been for the entire season and are now in much sharper focus since the year ended after a long playoff run that left everyone thirsting for just a little bit more.

Both DeMar DeRozan and Bismack Biyombo are going to be free agents in July, DeRozan

will command a maximum-value contract starting at somewhere near \$25 million and Biyombo should quintuple the \$3 million or so he just earned.

Both have said they want to stay — Biyombo went as far as to say on Toronto radio he'd take a hometown discount to stick around but that's before any numbers were floated or his agents got to him — and Ujiri knows the team would be better if they both were back.

Still ...

"I don't know how possible that is, but it's our jobs to figure it out, we were brought here to do that," Ujiri said. "Some things are more difficult than others. To me, the approach is, our guys have said they want to be here .. That's the first step. It's put on my table and the guys in the front office to figure it out."

Everyone will have to wait until July to see if there's enough creativity in the front office to make it work or to see if Ujiri can pull off one of several moves to make it easier.

TORSTAR NEWS SERVICE



WEST FINAL WARRIORS SURVIVE, SET UP FINALS VS. CAVS

Stephen Curry had 36 points, eight assists and five rebounds as the Golden State Warriors topped the Oklahoma City Thunder 96-87 in Game 7 of the Western Conference final to cap a comeback from 3-1 down in the series and set up an NBA Finals rematch with the Cleveland Cavaliers.

ANDREW BERNSTEIN/NBAE VIA GETTY IMAGES



Alan Pulido at the 2014 World Cup in Brazil

YURI CORTEZ/AFP/GETTY IMAGES

## SOCCER

### Mexican player fights out of kidnapping

About 24 hours after he was kidnapped, Mexican soccer star Alan Pulido found himself alone with one of his captors and saw his chance. He wrestled away the man's pistol and his cellphone and dialed Mexico's emergency number.

Within minutes, he was free.

An official summary report of three calls to an emergency operator obtained by The Associated Press shows the 25-year-old forward for Olympiakos in the Greek league threatened and beat his captor while on the phone, demanding to be

told where they were.

The dramatic account of derring-do shows that Pulido — listed at five-foot-nine and about 150 pounds — was the main actor in his own liberation, a contrast with initial official accounts of a rescue by police.

On a first call, with the kidnapper overpowered, Pulido peered out of a window and described the white two-story house with two cars, grey and red, parked in front.

In the next call, Pulido told the operator that state police

had arrived outside. The operator told him to fire the pistol so they would know they were in the right spot, but Pulido said he had no bullets. He said police themselves were starting to shoot and described his shorts and tank top so they wouldn't confuse him with the now-unconscious captor.

Once police arrived, he made a third call to confirm with the operator that they were trustworthy.

Tamaulipas state Attorney General Ismael Quintanilla had said at a news conference that

emergency services received Pulido's call for help after midnight Sunday due to "a careless act by his captors."

In a later interview with Imagen Radio, Quintanilla confirmed that Pulido had forcibly seized the phone from his captor.

"There was an exchange of punches between them," Quintanilla said, though he did not mention the pistol.

Quintanilla said Pulido cut his wrist when he broke a window trying to escape.

THE ASSOCIATED PRESS

## MLB

### Harvey dominant, Mets edge ChiSox

Matt Harvey rediscovered his form with seven dominant innings of two-hit ball, Neil Walker homered off Jose Quintana, and the New York Mets beat Chicago 1-0 Monday to send the reeling White Sox to their seventh straight loss.

Harvey (4-7) has been one of baseball's biggest puzzles, transforming from a premier pitcher to baffled ballplayer. Two weeks ago, he was booed at Citi Field when he lasted just 2-2/3 innings against Washington. This



Matt Harvey

GETTY IMAGES

time, fans started to stand and cheer when he got two strikes on Jose Abreu in the fourth, and the crowd gave him a huge ovation when he escaped a seventh-inning jam.

Harvey struck out six and walked two to win for the first time since May 8.

THE ASSOCIATED PRESS

## IN BRIEF

### Bogaerts stretches hit streak to 23 in Red Sox win

Xander Bogaerts extended his hitting streak to 23 games and drove in two runs, Jackie Bradley put Boston ahead for good with a sixth-inning homer and the Red Sox beat the Baltimore Orioles 7-2 Monday in a matchup of the top two teams in the AL East. David Ortiz and rookie Marco Hernandez also homered for the Red Sox, who stretched their division lead to two games.

THE ASSOCIATED PRESS

### Payet pushes France to win

Dimitri Payet scored a brilliant last-minute free kick as European Championship host France beat Cameroon 3-2 in a friendly Monday.

Playing at the same stadium in Nantes, France, where he began his career 11 years ago, the attacking midfielder angled a shot from wide on the right into the opposite corner, cancelling out striker Eric Choupo Moting's 88th-minute equalizer for Cameroon.

THE ASSOCIATED PRESS

## CFL

### Aging Burris bullish on sticking around

The Ottawa Redblacks know expectations will be high this year, and that's exactly where they want them.

A year after a debut season in which they won just two games, the Redblacks posted a 12-6 record in 2015 and advanced to the Grey Cup, where they lost 26-20 to the Edmonton Eskimos.

This year's team believes it can be even better.

Quarterback Henry Burris, 41, has no intention of making this his last season, announcing



**Of course I'm not as quick as I was when I was 25 or 26, but I find other ways mentally to get the job done.**

Henry Burris

that a contract with Ottawa is in place for 2017. THE CANADIAN PRESS



# RECIPE Best Fish Sandwich



PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

**Ready in**  
Prep time: 5 minutes  
Cook time: 10 minutes

- Ingredients**
- 2 Tilapia filets
  - 1/4 cup corn meal
  - salt and pepper
  - 1/4 tsp chili powder
  - 1 Tbsp vegetable oil
  - 1/4 cup fresh parsley, chopped
  - 4 buns
  - 4 romaine leaves, chopped
  - 2 tomatoes, sliced
  - 1/2 cup mayonnaise
  - 1 Tbsp ketchup
  - 3 tsp Sriracha

**Directions**  
1. Spread corn meal evenly on

a plate and toss in salt and pepper, chili powder and parsley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

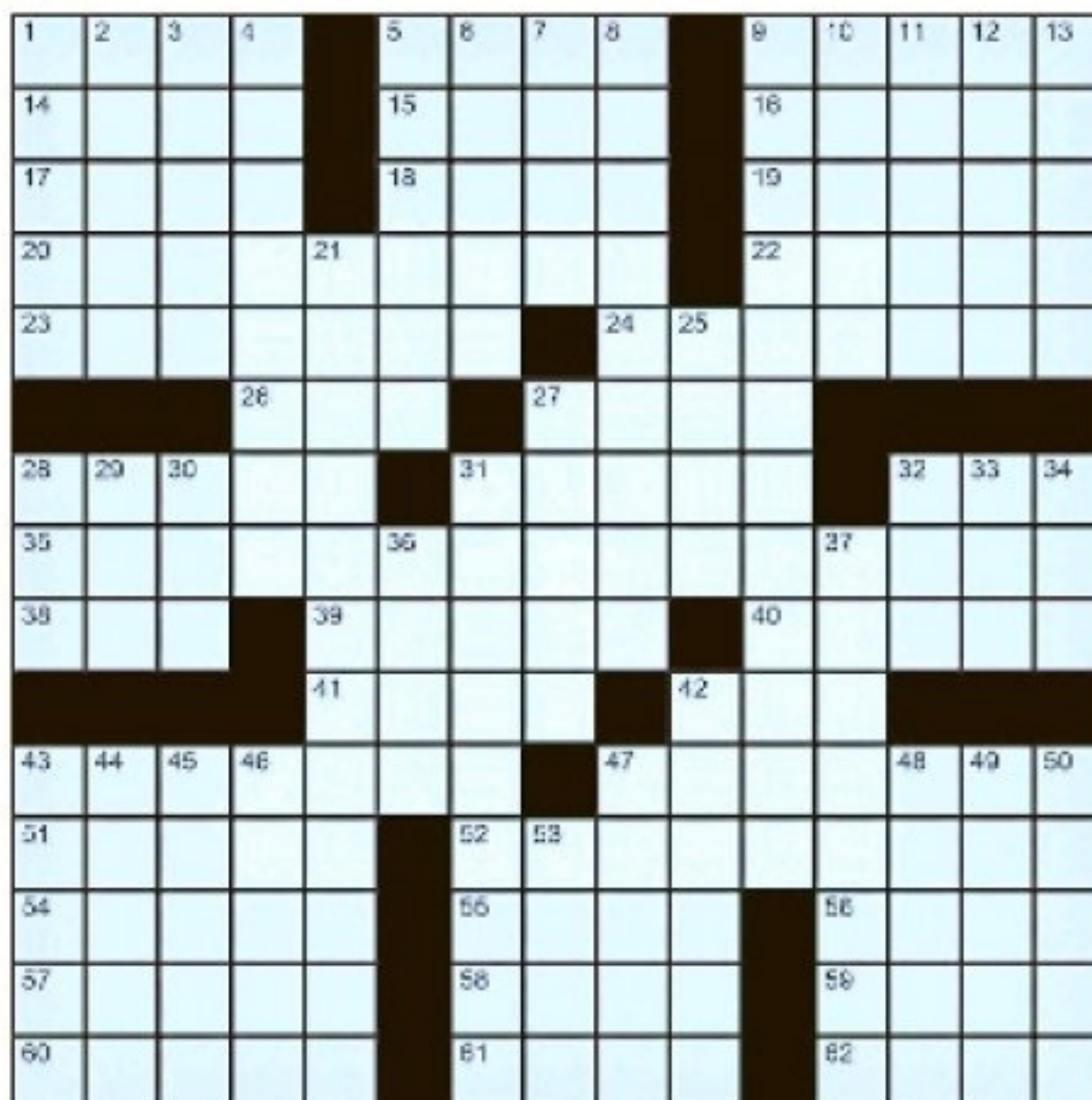
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Q. "\_\_\_" a way to abbreviate Anchorage's state? A. "Indeed."
- Music key, \_\_\_.
- Switchblades
- Rib or tibia
- Dallas Cowboys quarterback Tony
- 'Don't play' musical direction
- Live \_\_\_ (Rustic wooden table feature)
- Literary collection [abbr.]
- Dior perfume, J'\_\_\_
- With-a-bowl utensil
- Jumpy
- Kleenexes
- Underwater chamber in bridge construction
- #49-Down's frequent co-star ...her initials-shares
- Tee-er's averages
- "M\*A\*S\*H" role, Lieutenant Colonel \_\_\_
- Biblical measure of length
- Welcome \_\_\_
- Ottawa is the hub of it: 2 wds.
- It's 'in'
- Short-tailed weasel
- Boston's NBA team, commonly
- Chuck
- Photo
- Alter the mould
- Overdoes it with showing off
- Survey answer selection
- Medieval armour: 2 wds.
- Get \_\_\_ of



- (Contact)  
55. \_\_\_ grievance (Complain)  
56. 'Sound'-meaning prefix  
57. Big cat in "Ice Age: The Meltdown" (2006)  
58. \_\_\_ Ted (Mr. Cruz to Donald Trump)

59. Internet pub.  
60. "Vamoosle!"  
61. \_\_\_ and Found'  
62. Unappreciative utterance

3. AC/DC lead guitarist Mr. Young  
4. Memento  
5. Curtains  
6. Vintage music LPs  
7. 9:00 \_\_\_ 5:00pm (Office hours)  
8. Explorer who voyaged to the East

- Coast via The Matthew: 2 wds.  
9. 2016 Census: Wayne R. Smith, Chief \_\_\_ of Canada  
10. Devil's domicile  
11. Showbiz legends  
12. Left-hand page  
13. Alexander \_\_\_ Winnipeg-born

- hockey star  
21. Level of fame achieved by Celine Dion  
25. Seed covering  
27. Transformation-stage insects  
28. Texter's good chum  
29. Ms. Michele  
30. Sum up  
31. Reason to say "Just made it": 2 wds.  
32. Rich money amt.  
33. Play's scenes grouping  
34. Writer Mr. Eliot, et al.  
36. On  
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812  
42. Flexible  
43. Routes  
44. Moral principle  
45. Horse hoof handler  
46. Honi's comic strip mother  
47. Anna of "Brokeback Mountain" (2005)  
48. Ruth's mother-in-law in the Old Testament  
49. Ms. Fey's  
50. Trudges  
53. "\_\_\_ Silver!" ("The Lone Ranger" opening exclamation)

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

**Taurus** April 21 - May 21  
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

**Gemini** May 22 - June 21  
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

**Cancer** June 22 - July 23  
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

**Leo** July 24 - Aug. 23  
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

**Virgo** Aug. 24 - Sept. 23  
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

**Libra** Sept. 24 - Oct. 23  
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

**Scorpio** Oct. 24 - Nov. 22  
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

**Sagittarius** Nov. 23 - Dec. 21  
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

**Capricorn** Dec. 22 - Jan. 20  
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

**Aquarius** Jan. 21 - Feb. 19  
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

**Pisces** Feb. 20 - March 20  
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

**THE HANDY POCKET VERSION!**  
Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

**SINGLE GAY MAN?**

❖ Tired of the daily grind?  
❖ Want to experience life?

Young successful businessman seeks an open minded man for companionship. One who enjoys an active lifestyle, loves travel and wants to experience life. Will take care of you, support you and help you chase your dreams.

Please leave a detailed message: (780) 628 5844

Meet the 1.5' single, non-smoker, slim built, clean cut, tattooed, dating, loves, loves, loves, sports, hiking, reading, adventure travel, ...

**HOW TO SPOT AN UNFAITHFUL PARTNER**  
SEMINAR | SATURDAY, JUNE 11

Learn how to avoid years of legal fees, heartbreak, and mistrust.  
1 in 5 permanent relationships encounter infidelity - we provide video evidence to help people have peace of mind and certainty.

780-665-4974 **f** theliespotter theliespotter.com



# VIDEO WORKS

**WE NOW HAVE VIDEO PRESENTATIONS ON MOST OF OUR PRE-OWNED INVENTORY!!!**

TAKE OUT YOUR PHONE AND GO TO **TOYOTAONTHETRAIL.CA** TO SEARCH OUR USED OR GO TO **YOUTUBE.CA**  
AND SEARCH **TOYOTA ON THE TRAIL** WHERE YOU WILL FIND A WALK-AROUND PRESENTATION ON EVERY CAR IN THIS AD!!!!

## 2015 Ford Edge SEL



#P2412  
AWD, FULLY LOADED,  
ONLY 20,000 KM  
**\$32,488**  
OR \$0 DOWN \$249 BI-WEEKLY

## 2011 Jeep Wrangler Rubicon



#G012631A  
NAVIGATION,  
WINCH, MANUAL  
**\$27,988**  
OR \$0 DOWN \$263 BI-WEEKLY

## 2011 Toyota Highlander Ltd



#F208099A  
ONLY 93,865 KM, LEATHER,  
7 PASSENGER  
REDUCED TO  
**\$28,988**

## 2014 Scion FR-S Monogram Edition



#2520  
22,000KM, NAV,  
6SPD  
**\$27,888**  
OR \$0 DOWN \$205 BI-WEEKLY

## 2015 Ford Taurus SEL



#P2413  
AWD, FULLY LOADED,  
ONLY 11,000KM  
**\$26,988**  
OR \$0 DOWN \$209 BI-WEEKLY

## 2014 Ford Focus



#F277854A  
22,000KM, FORD EXT  
WARR TO 100,000KM  
**\$11,288**  
OR \$0 DOWN \$79 BI-WEEKLY

## 2014 Toyota Corolla S



#P2492  
AUTO, LEATHER,  
SUNROOF, 21,000KMS  
**\$18,988**  
OR \$0 DOWN \$142 BI-WEEKLY

## 2015 Ford Escape Titanium



#P2411  
AWD, ECO BOOST,  
LOADED, LEATHER  
**\$28,588**  
OR \$0 DOWN \$195 BI-WEEKLY

## 2014 Buick Encore



#P2429  
LEATHER, SUNROOF,  
16,000KM  
**\$24,688**  
OR \$0 DOWN \$179 BI-WEEKLY

## 2013 Toyota FJ Cruiser



#P2460  
AUTO,  
TOP PACKAGE  
**\$36,588**  
OR \$0 DOWN \$299 BI-WEEKLY

## 2014 Subaru Impreza



#P2408  
AWD, AUTO, A/C,  
1 OWNER  
**\$19,788**  
OR \$0 DOWN \$146 BI-WEEKLY

## 2010 Toyota Venza LTD



#P2427  
LEATHER, MOON  
ROOF, LOADED  
**\$17,988**  
OR \$0 DOWN \$186 BI-WEEKLY

## 2013 Hyundai Elantra



#P2424A  
AUTO, 5YR 100,000KM  
WARR WITH 52,000KMS  
**\$12,988**  
OR \$0 DOWN \$103 BI-WEEKLY

## 2015 Mitsubishi RVR SE



#P2368  
AWD, LOADED, FACTORY  
WARRANTY, ONLY 30,365 KM  
**\$21,588**  
OR \$0 DOWN \$143 BI-WEEKLY

## 2013 Ford Focus SE



#P2365  
ONLY 39,118 KM,  
HATCHBACK, AUTO, LOADED  
**\$12,788**  
OR \$0 DOWN \$111 BI-WEEKLY

## 2013 Ford Mustang Convertible



#P2513  
71,000KM,  
AMAZING SHAPE!  
**\$22,988**  
OR \$0 DOWN \$188 BI-WEEKLY

**WHEATON**  
**TOYOTA**  
ON THE TRAIL

5210 Calgary Trail Edmonton Ab.

**780-809-4685**

**www.toyotaonthetrail.ca**

**All Prices  
Plus GST Only.  
NO EXTRA FEES!  
Honestly straight  
forward!**

PAYMENTS BASED ON MAX ALLOWABLE TERM ACCORDING TO LENDER GUIDELINES AT 5.99% APR OAC AND ARE INCLUSIVE OF ALL TAXES AND FEES. EXAMPLE 2014 FORD FOCUS  
STK#F277854A 798/W X 96 MONTHS @5.99% COST OF BORROWING \$3,454.48. VEHICLES MAY NOT BE AS ILLUSTRATED, SEE DEALER FOR DETAILS. OFFER ENDS MAY 31ST, 2016.